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U. S. DEPARTMENT OF AGRICULTURE,  
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## BUTTERMILK A FOOD DRINK.

A pleasant, refreshing beverage and a nourishing food combined in one product is found in buttermilk. It contains practically all the food materials of whole milk with the exception of the fat, most of which is removed in the process of churning. Buttermilk contains about 3 per cent of protein, nearly 5 per cent of carbohydrates in the form of milk sugar, 0.7 per cent of mineral constituents, and 0.5 per cent of fat. Thus a quart of buttermilk furnishes slightly more than an ounce of protein, one of the chief body builders.

The increasing consumption of buttermilk testifies to its popularity as a beverage. People are beginning to realize that it is much better to drink a glass of milk or buttermilk than it is to consume other drinks having little food value. Many physicians recommend buttermilk in the treatment of certain intestinal disorders, and it is also gaining in favor in hospitals.

Prepared buttermilk is usually made from skim milk and has all the chemical properties of buttermilk. If it is churned, as is usually the case, it agrees in appearance and flavor with real buttermilk. In fact, it is often a better product, especially if clean, sweet skim milk is used and it is carefully ripened and churned. Prepared buttermilk can be made in the city home, but more uniform results can be obtained when it is made on a large scale, and for that reason it is usually better to purchase it from a reliable dealer.

### “BUTTERMILK LEMONADE.”

A delicious variation may be made from ordinary buttermilk by the addition of lemon juice and sugar. “Buttermilk lemonade” usually requires the juice of three lemons to one quart of buttermilk. The quantity of lemon and sugar, however, should be varied to suit the taste of the individual. The beverage is delightful and is especially refreshing on a hot summer day.

## "LACTO."

The Iowa Agricultural Experiment Station, in Bulletin 118, describes a number of ways in which sour milk or buttermilk may be converted into frozen delicacies. The following formula is adapted from the bulletin:

2 quarts buttermilk.  
2 pounds sugar.  
2 eggs.  
 $1\frac{2}{3}$  cups orange juice.  
 $\frac{1}{2}$  cup lemon juice.

Dissolve the sugar in the buttermilk and add the eggs, the yolks and whites beaten separately. Stir and strain the mixture and add the fruit juices. Freeze in the usual way, and pack in ice and salt for an hour before serving.

Of course buttermilk may be used in cookery in any recipe calling for sour milk.

Additional information concerning buttermilk may be found in Department Bulletin 319, entitled "Fermented Milks," which can be obtained upon application to the Superintendent of Documents, Government Printing Office, Washington, D. C., price 5 cents.